

# SPRING MENU

## WEEK 1

### Monday

#### BREAKFAST

A VARIETY OF CEREALS, & TOAST OR TOASTED FRUIT LOAF

#### SNACK

A SELECTION OF FRESH FRUIT

#### LUNCH

BO KHO VIETNAMESE BEEF STEW  
SERVED WITH STEAMED RICE  
GREEK YOGHURT WITH FRUIT COULIS

#### TEA

FISH FINGERS & POTATO WEDGES

### Tuesday

#### BREAKFAST

A VARIETY OF CEREALS, & TOAST OR TOASTED FRUIT LOAF

#### SNACK

A SELECTION OF FRESH FRUIT

#### LUNCH

CHICKEN & SPRING VEGETABLE ORZO  
BAKE WITH HOMEMADE PESTO  
GREEK YOGHURT WITH FRUIT COULIS

#### TEA

THAI VEGETABLE & COCONUT SOUP

### Wednesday

#### BREAKFAST

A VARIETY OF CEREALS, & TOAST OR TOASTED FRUIT LOAF

#### SNACK

A SELECTION OF FRESH FRUIT

#### LUNCH

BAKED GREEK CHICKEN IN TOMATOES &  
OLIVES SERVED WITH MASH  
GREEK YOGHURT WITH FRUIT COULIS

#### TEA

ROASTED VEGETABLE & FETA PASTRY

### Thursday

#### BREAKFAST

A VARIETY OF CEREALS, & TOAST OR TOASTED FRUIT LOAF

#### SNACK

A SELECTION OF FRESH FRUIT

#### LUNCH

LAMB KOFTA SERVED WITH  
VEGETABLES, RICE, & A YOGHURT DIP  
GREEK YOGHURT WITH FRUIT COULIS

#### TEA

FLATBREAD PEPPERONI PIZZA

### Friday

#### BREAKFAST

A VARIETY OF CERALS, & TOAST OR TOASTED FRUIT LOAF

#### SNACK

A SELECTION OF FRESH FRUIT

#### LUNCH

CARBONARA PASTA WITH BACON & PEAS  
GREEK YOGHURT WITH FRUIT COULIS

#### TEA

CHEESEY BEAN TOASTIE

# SPRING MENU

## WEEK 2

### Monday

#### BREAKFAST

A VARIETY OF CEREALS, & TOAST OR TOASTED FRUIT LOAF

#### SNACK

A SELECTION OF FRESH FRUIT

#### LUNCH

ROAST CHICKEN SERVED WITH SPRING GREENS & BABY POTATOES

GREEK YOGHURT WITH FRUIT COULIS

#### TEA

SPRING VEGETABLE SOUP

### Tuesday

#### BREAKFAST

A VARIETY OF CEREALS, & TOAST OR TOASTED FRUIT LOAF

#### SNACK

A SELECTION OF FRESH FRUIT

#### LUNCH

SPRING VEGETABLE PASTA BAKE SERVED WITH GARLIC BREAD

GREEK YOGHURT WITH FRUIT COULIS

#### TEA

CHICKEN & PICKLE TOASTIE

### Wednesday

#### BREAKFAST

A VARIETY OF CEREALS, & TOAST OR TOASTED FRUIT LOAF

#### SNACK

A SELECTION OF FRESH FRUIT

#### LUNCH

ROAST PORK SERVED WITH POTATOES, KALE, & A CHORIZO & TOMATO SAUCE

GREEK YOGHURT WITH FRUIT COULIS

#### TEA

FLATBREAD VEGETABLE PIZZA

### Thursday

#### BREAKFAST

A VARIETY OF CEREALS, & TOAST OR TOASTED FRUIT LOAF

#### SNACK

A SELECTION OF FRESH FRUIT

#### LUNCH

BANG BANG CHICKEN SERVED WITH BROCCOLI & STEAMED RICE

GREEK YOGHURT WITH FRUIT COULIS

#### TEA

BEEF & ONION SAUSAGE ROLL

### Friday

#### BREAKFAST

A VARIETY OF CERALS, & TOAST OR TOASTED FRUIT LOAF

#### SNACK

A SELECTION OF FRESH FRUIT

#### LUNCH

FISH CAKES SERVED WITH POTATO WEDGES & BAKED BEANS

GREEK YOGHURT WITH FRUIT COULIS

#### TEA

VEGETABLE QUESADILLA STACK

# SPRING MENU

## WEEK 3

### Monday

#### BREAKFAST

A VARIETY OF CEREALS, & TOAST OR TOASTED FRUIT LOAF

#### SNACK

A SELECTION OF FRESH FRUIT

#### LUNCH

TUNA & BROCCOLI PASTA BAKE  
SERVED WITH GARLIC BREAD  
GREEK YOGHURT WITH FRUIT COULIS

#### TEA

HAM & CHEESE TOASTIE

### Tuesday

#### BREAKFAST

A VARIETY OF CEREALS, & TOAST OR TOASTED FRUIT LOAF

#### SNACK

A SELECTION OF FRESH FRUIT

#### LUNCH

SRI LANKAN VEGETABLE CURRY WITH  
STEAMED RICE  
GREEK YOGHURT WITH FRUIT COULIS

#### TEA

FLAT BREAD PIZZA MARGHERITA

### Wednesday

#### BREAKFAST

A VARIETY OF CEREALS, & TOAST OR TOASTED FRUIT LOAF

#### SNACK

A SELECTION OF FRESH FRUIT

#### LUNCH

CHICKEN, PRAWN, FISH, & VEGETABLE  
FRIED RICE  
GREEK YOGHURT WITH FRUIT COULIS

#### TEA

SPANISH TOMATO SOUP

### Thursday

#### BREAKFAST

A VARIETY OF CEREALS, & TOAST OR TOASTED FRUIT LOAF

#### SNACK

A SELECTION OF FRESH FRUIT

#### LUNCH

SLOW COOKED PERI PERI PULLED PORK  
WITH POTATO WEDGES & SWEET CORN  
GREEK YOGHURT WITH FRUIT COULIS

#### TEA

SALMON & ASPARAGUS PASTY

### Friday

#### BREAKFAST

A VARIETY OF CERALS, & TOAST OR TOASTED FRUIT LOAF

#### SNACK

A SELECTION OF FRESH FRUIT

#### LUNCH

PARMESAN SPRING CHICKEN SERVED  
WITH CREAMED SPINACH & MASH  
GREEK YOGHURT WITH FRUIT COULIS

#### TEA

HOT DOG & POTATO WEDGES

# SPRING MENU

## WEEK 4

### Monday

#### BREAKFAST

A VARIETY OF CEREALS, & TOAST OR TOASTED FRUIT LOAF

#### SNACK

A SELECTION OF FRESH FRUIT

#### LUNCH

PORK, ASPARAGUS, & LEEK, IN A CREAMY MUSHROOM SAUCE SERVED WITH MASH GREEK YOGHURT WITH FRUIT COULIS

#### TEA

CURRIED TUNA PINWHEELS

### Tuesday

#### BREAKFAST

A VARIETY OF CEREALS, & TOAST OR TOASTED FRUIT LOAF

#### SNACK

A SELECTION OF FRESH FRUIT

#### LUNCH

SALMON, PEA, & LEMON PASTA GREEK YOGHURT WITH FRUIT COULIS

#### TEA

MEDITERRANEAN LENTIL & VEG SOUP

### Wednesday

#### BREAKFAST

A VARIETY OF CEREALS, & TOAST OR TOASTED FRUIT LOAF

#### SNACK

A SELECTION OF FRESH FRUIT

#### LUNCH

CHICKEN CASSEROLE WITH BACON, MUSHROOMS, & CARROTS, WITH MASH GREEK YOGHURT WITH FRUIT COULIS

#### TEA

BBQ CHICKEN FLATBREAD PIZZA

### Thursday

#### BREAKFAST

A VARIETY OF CEREALS, & TOAST OR TOASTED FRUIT LOAF

#### SNACK

A SELECTION OF FRESH FRUIT

#### LUNCH

KOREAN PULLED BEEF NOODLES SERVED WITH GRATED CARROT GREEK YOGHURT WITH FRUIT COULIS

#### TEA

SMOKED MACKEREL TOASTIE

### Friday

#### BREAKFAST

A VARIETY OF CERALS, & TOAST OR TOASTED FRUIT LOAF

#### SNACK

A SELECTION OF FRESH FRUIT

#### LUNCH

LAMB MINCE TAGINE WITH APRICOTS & AUBERGINE, SERVED WITH COUS COUS GREEK YOGHURT WITH FRUIT COULIS

#### TEA

SMOKED SALMON, POTATO & PEA QUICHE